

# CHEESE MAKER



## **CHEESE MAKER FOR EASY AND QUICK PREPARATION OF HOMEMADE CHEESE.**

Use milk kefir to prepare kefir cheese overnight without cheese starters. Or prepare a variety of other cheeses (mascarpone, mozzarella, ricotta, etc.).



## TOP LID

Locking the top lid on the ring prevents impurities from getting in the cheese during straining time. It also holds the spring in place when using it for harder cheese.



## PRESSING DISC & SPRING

Use the disc attached to the spring to push down the cheese with more force. This will strain more whey to prepare harder and more dry cheese.



## GLASS JAR

When cheese is straining, the jar catches the beneficial whey full of proteins that can be used as a fresh drink or in many recipes.



## MESH BASKET

Optimal density of the mesh ensures steady straining of the cheese. Solid side bars help easily shake out a perfectly shaped cheese.

## ASSEMBLING










Bioplastic is used to make every plastic component. This indicates that because they are made of organic material, their manufacturing is more environmentally friendly.

## CAPACITY

You can prepare 100-200g of kefir cheese in a small jar using 600ml of milk kefir and 200-400g of cheese in a large jar using 1000ml of milk kefir.



## CARE FOR CHEESE MAKER

-  Before first use, wash all parts with warm soapy water. Make sure you wash out the detergent thoroughly.
-  Gently clean the mesh basket after use. There may be some dried cheese left on it. You can use a soft brush to clean it.
-  Do not use sharp objects with the mesh basket, you may cut the mesh.
-  **Hand washing of all parts is recommended for best results.**
-  Separate the pressing spring from the disc for easier cleaning.
-  The nylon mesh basket has a hard plastic frame that makes it more sturdy and easier to handle. The use of force and compressing the mesh may lead to deformation and tearing of the mesh.
-  Using spices and fruits may lead to coloration of the mesh that sometimes cannot be cleaned with only one washing. This may affect the end result and taste of the new batch of cheese.

## HOW TO START

The Cheese maker is used for straining the cheese and separating it from the whey. The substance used needs to be thick so it does not run through the mesh. This means the milk needs to be cultured first.

You need milk kefir to make kefir cheese. Kefir is made with milk and milk kefir grains. Once you take the grains out, you can pour the milk kefir into the Cheese maker.



## KEFIR CHEESE RECIPE

1. Pour the kefir into the mesh basket in the assembled product. Cover with the top lid.
2. Put the Cheese maker in the fridge to slow down further fermentation. Leave it for the appropriate time (12 hrs, overnight) for it to strain and get the desired thickness of the cheese. While straining, cheese may collect on the sides of the mesh basket; you can clean and stir the cheese with a spoon.
3. After initial straining you can use the pressing spring with a disc. This will strain even more liquid out of the cheese. Attach the disc at the end of the spring and place it on top of the cheese. Align the other end of the spring with a



round bulge on the bottom of the top lid and carefully attach the lid to the ring.

**4.** Once you reach the desired texture of the cheese, remove the ring of the jar together with the mesh basket attached. Set it on the tray and push down the ring to separate it from the mesh. Take the mesh basket and turn it upside down over the plate to take the cheese out.

**5.** You can now serve the cheese or use it in recipes. Flavour it by adding fresh or dried fruit, nuts, honey, herbs, spices of your choice to prepare it the way you like it.



## STRAINING TIME

The longer the kefir strains, the drier and thicker is the cheese. These are the estimations for the time of straining. Note, the consistency of cheese also depends on individual ingredients and temperature.

- \* **Few hours for a thicker kefir that can be used for dips.**
- \* **Overnight for creamy cheese.**
- \* **1-2 days to get semi-hard cheese.**

## FLAVOURING IDEAS



Cream cheese prepared in Cheese maker can be eaten immediately, flavoured or plain. Here are some flavouring ideas to experiment with.

### Sweet

Fresh (or dried) fruits: chopped strawberries, raspberries, blueberries, mango, grapes, or whatever's in season.

Honey, peanut butter, almond butter, chocolate spread, maple syrup - alone or in combination with fruits.

Nuts: walnuts, hazelnuts, almonds, peanuts, etc.



### Sour

Salt and/or black pepper can be added to almost every sour combination.

Spices and herbs: ground or chopped oregano, basil, cumin seeds, coriander, rosemary, turmeric, chives, etc.

Chopped vegetables: tomatoes, cucumbers, green or red peppers, carrots, chilies, spinach, garlic, olives, etc.



## WHEY

Liquid that strains to the jar while making kefir cheese is whey. It contains many beneficial bacteria and is packed with proteins. Don't discard it, use it in different recipes or smoothies.



## TIPS



Use the top lid as a tray for the mesh basket when taking out the cheese.



During the straining, the whey collects in the jar. You may need to pour it out if the level of whey increases to the bottom edge of the mesh.



When using the spring, be careful when opening the lid, the spring may push the lid up quickly.



## OTHER USES

### Make coffee and tea

The Cheese maker can be used for preparing tea and coffee. Mind that you don't pour liquids that are boiling hot into the cold glass because the glass can break. The Cheese maker is convenient for cold brew coffee too. Just add coffee in the mesh basket, add water to cover the ground coffee and soak for 12 hours or more.



### Make plant-based milk

Use the jar to soak the seeds, nuts or grains to prepare dairy-free milk. With the help of the mesh basket you can quickly strain the blended mix too. Use the pressing spring with a disc to press on the pulp to extract all of the milk.



